Where to Get Herbs

Purchasing herbs -

Woodland Essense

Horizon Herbs

Pacific Botanicals

Zack Woods Herb Farm

Healing Spirits Herb Farm

Elk Mountain Herbs

Sage Woman Herbs

1st Chinese Herbds

Montana Farmacy

Desert Tortoise Botanicals

Mountain Rose Herbs

Amazon

I have used Sage Woman and really love their customer service and speedy delivery.

I think most importantly is the quality of the herbs. I have never gotten anything made out of USA but that is because I am skeptical of their growing and watering practices. If I can find organic on the herb, better yet!

As for detox - I love to eat and you can eat turmeric and parsley and cilantro and all the cruciferous vegetables you want.

I love doing the self massage and taking Red Root. My dry brushing and cold shower are awesome. Walking and swinging your arms is great for the lymph system also.

Quercetin is good to take. Quercetin is a pigment flavonoid found in many fruits and vegetables such as apples, onions, blueberries, cruciferous vegetables, etc. Here again I would rather eat mine than take another pill.

Milk thistle is also great for the liver and kidneys.

Lyme Moderator

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opugirl

Forum Moderator

Posted Today 10:13 AM (GMT -6)

MAke sure if you buy on amazon they are reputable. There are a lot of fake Chinese imports that are being posted on Amazon so just a word of caution...I use iherb now for the majority of my supplements. They are more affordable and carry good brands. But for loose herbs I second Peteza recommendation of mountain rose herbs (only downside is expensive shipping), 1st chinese herbs(good overall) and woodland essence (mainly tinctures) as I have experience with all of those.

Is it possible that you have an ulcer or issue with acid reflux? I'm not sure I would keep using the lemon.

As far as the clay, I've never used it but you are supposed to space it out from all supplements/food. It absorbs everything, keep that in mind. Here is a good thread on that...

http://www.healingwell.com/community/default.aspx?f=30&m=2092621

http://www.healingwell.com/community/?f=30&m=2651023 scroll down to heathersdad post

Notice in one of those Traveler mentioned it made her constipated, I tend to rather backed up as well so keep that in mind if you have a slow digestion

Wahoo for the naturopath appointment, that is pretty soon!

~beth

Forum Moderator

July 2007 - Deer tick bite w/ physician confirmed EM Rash - given 10 days of Doxy

October 2012 - My world gets rocked January 2013 - My world turns upside down

March 2013 - Igenex +, start treatment with LLMD, LLND, and herbalist

August 2013- Finished all abx, continuing with herbs and homeopathy, Feeling good!

July 2014- Off all treatment since Jan 2014, just taking vitamins

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